

GREEN EUGENE



GOING
GREEN!

4/20
Edition

Seth Rogen

Weed's Renaissance Man

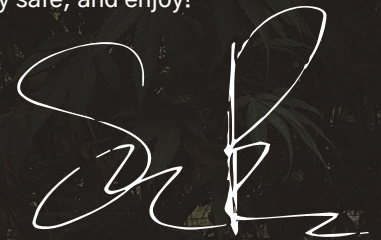




Letter from the Editor

It's the best time of the year: 420 is almost here! As we prep for the ultimate cannabis-friendly holiday—see inside for the secret to unlocking the ultimate munchies with your air fryer and a playlist to help set the mood while you're at it—we thought it would be only right to loop in 420's successor, Earth Day, and take a closer look at the relationship between the two. After a roundtable discussion, at least a little bit of ganja and a whole lot of hard work, we present to you: the *Going Green* edition. We hoped to capture the good, the bad and the beautiful of the cannabis industry and its impacts: the after-effects of mass sale and production on the environment, capturing the fever dream that is one's first edible trip or the latest scoop on cannabis influencer and pottery-extraordinaire, Seth Rogen, and then some.

This 420, those of us here at Green Eugene hope you get to kick back, relax and appreciate just how green the grass is on this side. Stay safe, and enjoy!



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Ultimate Air Fryer Munchies

After smoking a bowl, a case of the munchies hits me fast. Immediately I go into the kitchen looking for a quick snack, only to find three ingredients: graham crackers, chocolate and marshmallows. I loved eating s'mores as a kid when camping, but I don't have a campfire in my apartment. My only s'mores-making tool is my quick and easy air fryer. And when having a case of the munchies, an air fryer is perfect for quick snacks. Ranging from salty to sweet, here are three tried-and-true air fryer snack recipes that are sure to satisfy your munchie cravings.

Cinnamon Apple Crisps



Cook Time: 15 minutes
Prep Time: 10 minutes

This recipe is easy, healthy and satisfying for your sweet tooth. All you need is one apple of any flavor and cinnamon. Slice your apple into thin slices and sprinkle each slice with cinnamon. Minimally overlap the slices in the air fryer and place the metal rack on top to keep the slices from blowing around. Flip the slices every five minutes for ultimate crispiness at 300 degrees until the 15 minutes are up. Enjoy your fried cinnamon apple slices after a morning wake and bake session or as a post workout snack!

Cook Time: 15 minutes
Prep Time: 30 minutes

Ingredients: 5 small russet potatoes, garlic powder, paprika, salt and pepper, mayonnaise, barbecue sauce and chipotle powder

If you value savory treats, these potato wedges are meant for you. Begin slicing the potatoes in half lengthwise, creating a wedge shape. Soak your potato wedges in salty ice water for 20 minutes. The salt will add flavor and the water will make the potatoes crispy. After your 20 minutes are up, thoroughly dry the wedges with a paper towel. Preheat your air fryer to 400 degrees and place the wedges into a large bowl. Generously sprinkle garlic powder, paprika, salt and pepper and two tablespoons of olive oil. Shake the oil and seasonings around in the bowl to coat the wedges. Toss the wedges into the air fryer for 15 minutes, and don't forget to shake them every five minutes so they cook evenly. While the potatoes fry, you can recreate Red Robin's famous Campfire sauce. To do this, mix one cup of mayonnaise and barbecue sauce together then sprinkle a teaspoon of chipotle powder. Stir it all together and you've made a delicious, smokey dipping sauce for your crispy potato wedges!

Crispy Potato Wedges with DIY Campfire Sauce



Prep Time: 5 minutes

Ingredients: Large Hershey's chocolate bar, graham crackers and marshmallows

If you're a fan of chocolate, these sloppy s'mores will please your late night craving for sweets without a campfire. Split your graham crackers and marshmallows in half, then place the marshmallows onto each cracker. Firmly place the sticky marshmallow side onto an empty cracker, and place in the air fryer for five minutes at 390 degrees. After your five minutes are up, remove the crackers and top with two squares of a Hershey's chocolate bar. The chocolate will begin to melt on top of the warm marshmallow, creating a sloppy and tasty midnight snack!

Instead of running to the market to grab on the go snacks, pull out your air fryer and give one of these recipes a try!

Written and photographed by Allie Holt

Sloppy S'mores



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CANNABIS AND THE

Y

ou may notice a lot of farms throwing around the term ‘sustainable farming’, but what does that actually mean? Sustainability is defined as the avoidance of the depletion of natural resources in order to maintain an ecological balance. But is sustainability really sustainable?

The purpose of sustainability is to maintain. Maintaining what was already there is simply not enough when looking at the bigger picture. As hard as we may try to maintain, the biodiversity of the planet is still suffering from our actions, thus we must make efforts to restore this biodiversity.

Methods such as regenerative farming include taking part in a diverse bioecological system and giving back to the earth.

Practices include planting complementary plants alongside your cannabis, growing various crops in the offseason to protect the soil, composting, using natural soil and avoiding chemical additives. Some farms have even been successful in dry farming cannabis plants which means they don’t use supplemental irrigation systems for their plants. Now, in a place like Oregon, this may produce cannabis that ends up molding, but for drier climates, this practice does show some promise.

Regarding “organic” cannabis farming, the USDA actually does not certify any cannabis as organic as it is illegal under federal law. Hemp, on the other hand, can obtain a USDA Organic certification. In an effort to obtain similar “organic” certification for cannabis farms, various organizations have been established that helps to ensure farms follow specific “sustainable” standards. Some of these organizations that work with farms in Oregon include Dragonfly Earth Medicine, Certified-Kind, Sun+Earth Certified and Clean Green Certified.

Each organization has different requirements for getting certified and some are more stringent than others in regard to certain farming practices. There are also a number of farms that make claims about having “organic” practices, but the reality is that we can’t be certain. In addition, everyone has their own idea of what “organic cannabis” looks like. Farms should make an effort to practice regenerative farming methods in order to give back to the earth.

I know we would all like to think that growing cannabis does no harm to the planet. But the reality is that growing cannabis in a way that benefits the environment wholly takes much more effort than simply choosing to grow outdoors. There are three main environments in which cannabis is commercially grown: indoor, outdoor and light-deprivation greenhouse.

Written by: **Alexandra Arnett @calyx.alex**

ENVIRONMENT

Some farms just grow cannabis using one of these methods, others may implement multiple methods if accessible. Typically, cannabis plants are grown in soil, either directly in the ground or in a planter pot. However, indoor cannabis growing operations may often use a hydroponic method of growing. Hydroponic growing involves suspending the roots of the plants in buckets of water and a medium such as perlite or coconut fiber.

Out of all the growing methods, outdoor growing is the one that would require the least energy and water. Greenhouse growing methods are also another good choice if you may be dealing with inclement weather for growing cannabis. Indoor growing and hydroponic methods are the most wasteful, in both energy and water consumption, especially when the methods are combined. If you want to choose the best method for the environment, growing cannabis in the earth's natural soil provides a number of benefits to the earth and uses the sun rather than artificial lighting and energy.

While there is an overall lack of research on the effect indoor cannabis cultivation may be having on the environment, in 2020, one researcher Evan Mills published an in-depth follow-up study to a 2012 paper on cannabis energy use and cost. According to his data, indoor cannabis cultivation produces up to 15 million metric tonnes of CO2 per year and can cost upwards of \$6 million a year. To compare this, Oregonians produce around 20 million metric tonnes per year in transportation emissions. However, there are ways to mitigate some of the negative effects of indoor cannabis cultivation there are a few steps that can be taken. Implementing things such as renewable energy sources, LED lighting, reusing water through reverse osmosis and

even collecting rainwater for use are all ways indoor cannabis cultivators can help lessen their impact on the environment.

Let us not forget though that there can be negative effects to the consumer if cannabis is grown in less than ideal environmental conditions. Not only does cannabis pull toxins out of the soil it is grown in, when it is grown outdoors there is a chance for dirt and other allergens to contaminate the plant. Overall, knowing your grow is the most important thing you can do to ensure you are getting the most quality product on the market.



Delta-8

What's the Buzz on Delta-8-THC?

Delta-8-THC has gained a lot of popularity recently, with products like vape cartridges and edibles being sold through numerous online sources and even being offered in CBD retail stores across the country. Delta-8-THC, like delta-9-THC, does bind to the CB1 receptor but much less so than delta-9-THC. It is important to remember that just like people's bodies respond differently to delta-9-THC, they also respond differently to delta-8-THC so we can't say for sure just how potent of a high it may be producing in some individuals. Research has identified that delta-8-THC does have several benefits, including having anti-nausea, anti-anxiety, appetite-stimulating, pain-relieving and neuroprotective properties.

There can be some confusion regarding the legality of delta-8-THC. When produced by cannabis, delta-8-THC is federally illegal and when delta-8-THC is derived from hemp it is considered by some to be federally legal. But, there is also the federal Analogue Act which states that if a substance is chemically similar to a Scheduled substance then it can be treated as such. Delta-8-THC is an analog of THC and while it is naturally produced by the cannabis species, it is not typically found in significant levels.

Through a process called "isomerization," you are able to convert CBD to delta-8-THC or even to delta-9-THC. Without having to go into too much detail, this process involves mixing isolated 99% CBD with an acidic catalyst and heating it. This process may be producing unsafe byproducts that could be harmful to someone's health. The majority of delta-8-THC on the market is made using this process of isomerization. However, there are currently 11 states that have banned the sale of delta-8-THC; Alaska, Arizona, Arkansas, Colorado, Delaware, Idaho, Iowa, Mississippi, Montana, Rhode Island and Utah.

Oregon doesn't necessarily regulate online and other storefront sales on the general market though and this may put consumers at risk. However, this is likely to be changing for the state of Oregon as the OLCC recently issued a statement that they will be considering regulating all sales and production of delta-8-THC. In their statement, they mention that although there may be delta-8-THC products on the regulated market currently, this was an oversight on their behalf and delta-8-THC is in fact prohibited under the Division 25 rules due to how they are produced and because it does increase potency.

845-025-3220 General Processor Requirements (3) A processor may not treat or otherwise adulterate a cannabinoid product, concentrate or extract with any additive or substance that would increase potency, toxicity or addictive potential, or that would create an unsafe combination with other psychoactive substances. Prohibited additives or substances include but are not limited to nicotine, caffeine, polyethylene glycol, or any chemicals that increase carcinogenicity or cardiac effects.

It is recommended against obtaining any Delta-8-THC products until more regulations can be implemented. As much as we don't like the idea of regulations, there are many that have been put in place in order to protect us from the greed of unsavory companies. Overall, more research is needed on the safety of inhaling and ingesting delta-8-THC that was processed from CBD. Because delta-8-THC does show promise for certain ailments, there is absolutely an opportunity for product development when more research can be conducted.



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4/20 TUNE GUIDE

Written By **Renee Thompson**

I have yet to meet a stoner that doesn't have a go-to album or band to toké to. Some gravitate more to the traditional sounds, like songs from Bob Marley and the Grateful Dead, and others listen to really out-of-the-box stuff. Either way, all stoners alike would agree that music and weed go together better than (medicated) peanut butter and jelly.

For those looking to listen to full albums, I have listed four that are my favorite to listen to while high along with a recommended strain pairing. I've also listed 20 of the ultimate 420-themed songs. As an added bonus, to my knowledge every artist besides Masayoshi Tanaka has at least dabbled in cannabis consumption. Hope you enjoy!

4 Albums You Should Listen To High

(and the best strain to go with them)

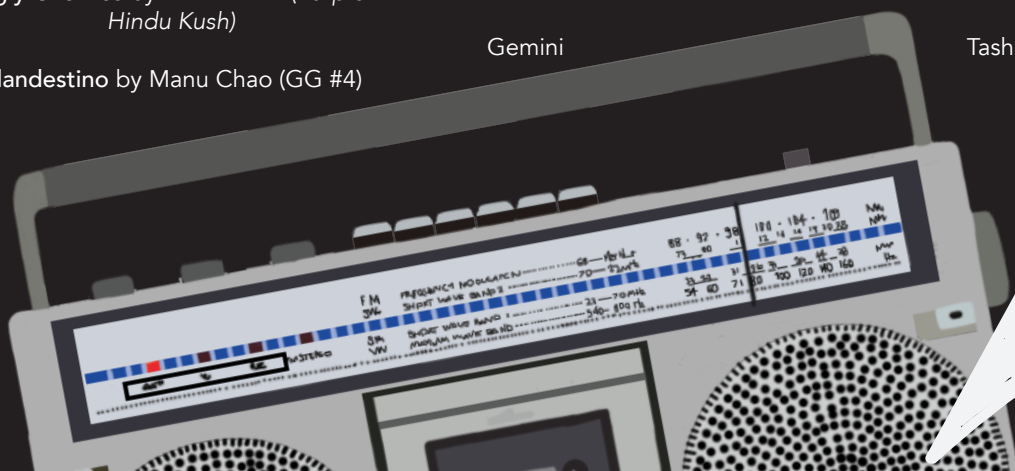
- The Rainbow Goblins** by Masayoshi Takanaka (*Pineapple Upside Down Cake*)
- Hit Vibes** by Skylar Spence a.k.a. Saint Pepsi (*Blueberry Muffin*)
- Ugly Cherries** by PWR BTTM (*Purple Hindu Kush*)
- Clandestino** by Manu Chao (GG #4)

Title

- Marijuana
- I Wanna Smoke
- High Time
- Boomer
- Sweet Leaf
- Paper Planes
- Addicted
- Bam Bam
- It's All Going To Pot
- La Cucaracha
- Punk Rock Girl
- Over Our Heads/Meet Your God
- 私は愛に ハイです
- Frontier Psychiatrist
- Horse
- The Less I Know The Better
- C'mere
- Something For Your M.I.N.D.
- Weedcard
- Gemini

Artist

- Reverend Horton Heat
- Gangsta Pat
- Grateful Dead
- Barteeks Strange
- Black Sabbath
- M.I.A.
- Amy Winehouse
- Sister Nancy
- Willie Nelson and Merle Haggard
- Lila Downs
- Dead Milkmen
- Off!
- Yung Bae
- The Avalanches
- Salvatore Ganacci
- Tame Impala
- Interpol
- Superorganism
- Garfunkel and Oates
- Tash Sultana



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What inspired you to work in the cannabis industry?

I actually had a friend that said I should try it out. And I have partaken in cannabis for a long time, so I've definitely seen a lot of benefits for myself. To even have this as a job is kind of surreal. I enjoy working with stuff that aligns with my morals, like plant medicine, and something so natural. Hearing customers come back and be like, "I have chronic pain, and I use this lotion every night, and it's made such a difference!" Just hearing that is really heart-warming and inspiring to see that what I'm doing can make a difference in people's quality of life.

Would you say that cannabis is a viable natural medicine?

Oh yeah, most definitely, and it's sad that we don't get that recognition. It is so helpful, and everyday I'm reminded of how people use it for medicine. That's probably my favorite part of the job. Getting people off pharmaceuticals and hearing cannabis got them off so many pills and stuff. I'm just like, yes! This is so much better for you!

How different do you feel being a budtender is compared to other customer service positions?

I think that it's a bit more personal of an interaction. You're not just going into the store and buying groceries to cook food. You are coming in with a purpose, whether that's to have fun, or to help you sleep, to help pain, anxiety, or just relax at the end of a long day.

What are some benefits you've noticed from recreational cannabis being available?

Unlike Oregon, many states have police who are still trying to regulate something so minute. Like, cannabis is a plant that people are doing recreationally. I think that overall it's better that Oregon can focus on more devastating substances to crack down on. That's definitely one of the things I would say is a benefit to having legalized cannabis, and also the fact that people have the opportunity to treat any ailments. They feel that cannabis is helping them. And doing it in a safe way that's not illegal and kind of in their control. It's not like a shady deal on the street. They can come into a store and feel welcomed and heard and that there's a variety of options for them to try.

What is one of your favorite strains?

I'm definitely into more heavy, sedative strains. I would say Granddaddy Purple or Purple Punch are two of my favorites.

Do you have a favorite farm or brand?

I really like Oregrown. Some of their flowers have been some of the most beautiful nugs I've ever seen, and I totally enjoy their concentrates.

How do you prefer to consume cannabis?

It really depends on what I'm looking for. If I'm having a bad back day and a lot of pain, I tend to go for tinctures or edibles. I like a lot of the one-to-ones or two-to-ones with CBD and THC being combined. I find a lot of relief from that. But if it's just for fun and relaxing, I would say probably smoking flower or dabbing. I definitely prefer indica, sometimes sativas can heighten my senses, but indicas tend to relax my pain the best.

What activities do you enjoy while partaking in cannabis?

I love to be outside in nature. Hiking, that's probably my favorite thing to do while smoking.

Mount Pisgah has got a lot of nice trails, locally. I tend to go to a lot of different trails each time. Spencer Butte is another good one. There's a lot of waterfall hikes, like Upper Trestle Creek Falls, too.

What advice do you have for customers celebrating 4/20 for the first time?

I would say if you're a light user to go slow and don't go too hard too fast. If you're partaking in edibles, you can always eat more, but you can't eat less, so that's a good piece of advice I like to share. And remember your body takes quite some time to digest THC. I hate hearing about people that didn't know they're not supposed to eat the whole thing, and they have a really hard time even days after. I don't want people to have that experience, so I think if you are a beginner user, start small and have the day off. If you're a regular user, happy 4/20 and enjoy your THC or cannabis smoke as you would.

What is a favorite munchie of yours?

Cinnamon Toast Crunch with non-dairy milk at night is my go-to high snack. Or I'll do a weird combo of peanut butter jelly and coconut oil, just in a bowl. Like PB&J without the bread. It's reminiscent of my childhood.

What are your thoughts on waste and sustainability in the cannabis industry?

I've seen a lot of waste. That's the hardest thing I've been shown about this industry. I would like people and the OLCC to change their policies and habits. Some things you can do that would help would be bringing back your child proof bags to reduce the amount of plastic. Same with reusable flower containers. Some shops will take those and reuse them, or P3 is a recycling company that actually turns their plastic into

prosthetics if I'm not mistaken. It's a really nice way for these containers to not end up in landfills. I think it's going to have to start with the public realizing how much plastic is going out. Because alcohol and cigarettes do not have to be child proof they don't have as much waste. Those are just as damaging, if not more, to a little kid, in my opinion. I really think that could help the industry and our world a lot if we try to put more of that focus out there. This earth is providing this amazing plant medicine, and we need to take care of her, so we can keep having this available to us. In the future, we can start using hemp instead of plastic. It's biodegradable, it's affordable since we're already producing it. We're trying to cut costs, but we're going to be paying for that in the long run.

Are there efficient ways to recycle cannabis packaging materials currently?

I think some people put their containers in the recycling at home, and they cannot be recycled that way, so that's something to be aware of. Find a dispensary that'll take them back. You can always give them a call, and hopefully, they can reuse them or find a second life for them. From what I'm learning, I think we need to use our voices on big corporations because they're in charge of putting all this waste out there. A lot of pressure is put on the consumer and the individual, but realistically speaking, these companies are putting out a lot more chemical pollution and waste into this world, just for money. We need to tell them we need a change.

What's something you wish more customers knew as a budtender?

I think that it would be beneficial for consumers to know more about cannabis, and I hope that people will start asking budtenders things. There's a lot more than just numbers, but we live in a very number-fixated world. There's so much more to it than just numbers and I've learned a lot about myself from before I worked in the industry to now. People educating themselves can be beneficial for the future, try new things and find what works best for them. There's a lot of good stuff out there. There's a synergistic effect with the other cannabinoids besides just THC. The benefits that these cannabinoids can have for us are super important. Everyone's body is so different, so what works for you might not work for me and vice versa. It's about listening to learning from our bodies.

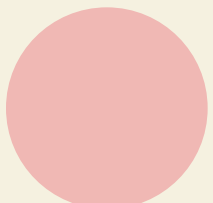
Seth Rogen

Weeds Renaissance Man



Seth Rogen by Lindseo CC BY 2.0 <https://creativecommons.org/licenses/by/2.0/> changes made.

If anyone champions weed within the celebrity light, it's Seth Rogen. Since breaking out from his late adolescent role in *Freaks and Geeks*, we've seen him in stoner comedies like *Pineapple Express* and *Superbad* with his contagious and blazed whole-bellied chuckle. He step-by-step taught us the ways of the cross joint and gifted us with "Bound 3," a sensual parody featuring his close friend James Franco. The cannabis community is now witnessing Seth Rogen's evolutionary creations outside of cinema culture with his new (to the United States) company Houseplant.



Seth Rogen and Evan Goldberg’s cannabis lifestyle brand launched two years ago in Canada. With simplicity in mind, they’ve started with three flower strains: sativa strains Pancake Ice (33.32% THC) and Diablo Wind (26.29% THC) and indica strain Pink Moon (26.45% THC). Eighths of an ounce of Houseplant’s strains are suggested at \$60 and are currently available in California through delivery services. The strains come in unique aesthetically pleasing containers that accompany info graphics and oversized striking matches.

“All our strains are named after weather systems like we did with Pineapple Express,” Rogen described in a Twitter thread.

The ‘house’ aspect of the brand entails weedy house goods from luxury table top stationary lighters, to car lighters, to vinyl record sets, and even to ceramic ashtrays and vases designed by Rogen himself. A triple LP vinyl box set was catered to the individual experiences of sativa, indica and hybrid strains to create a unique sound experience. Each session reflects the beat and vibrations of whatever mood is smoked. Despite the high \$95 price tag, fans of both Rogen and cannabis have raved with positive reviews. To combat the frequent site crashes and quick product sell outs after the initial launch, Houseplant offered users to enter an email address to be notified with a designated access link that had a 10 minute grace period.

While Canada legalized cannabis country wide in 2016, the fight continues in the US as acknowledged by the company’s website impact page. Houseplant’s ethics and political standpoints are made clear through deliberate discourse surrounding the environmental impact and the ongoing legal battles within the cannabis industry. Supporting any cannabis company that openly discusses injustices and imbalances within the industry feels just as good as smoking the strains themselves.

“We feel strongly about educating people about cannabis, a plant we love and believe substantially benefits society. We will always use our platform to educate people about the devastating history of the War on Drugs and help end the senseless, racist cannabis laws that, despite progress, still exist today. We won’t stop until every adult in America is able to enjoy cannabis without fear of being labeled a criminal,” reads the Houseplant website.



ashtray pottery by Kaylynn Wohl as inspired by Seth Rogen

In more recent years, fans of Rogen’s acting career have additionally been able to adapt their support towards his artistic pottery endeavors. This stoner’s connection to the herbal earth, fostered by loving cannabis, has expanded through connecting his hands to the earth material of clay. This passion for ceramic art pours over into Rogen’s fans who previously may not have expressed interest in pottery. The global ceramic culture and community benefit from this artist’s teachings of the alchemical world of clay.

As a fellow ceramicist (or pothead if you will) I have witnessed immense growth in Rogen’s pottery. The evolution of his ashtrays is an inspiring phenomenon where I’ve even created similar pieces out of awe for his clayed mind. His signature style includes a short cup shape ashtray with a two-to-three inch-long tray added to the lip for easy secured display for any stick-shaped smoke. He provides a walk-through on how he creates these pieces on his Instagram, leaving out secrets only other potters can spot. After mastering these designs with over a year’s practice, Rogen has since created molds in order to mass produce his unique ashtray set. Pottery molds for slip casting are created with plaster where liquid clay is poured in then out to create a shell of the desired shape.

Rogen’s exploration of sculpting bodacious vases and vessels melds with psychedelic glazes in highlighter hues. Required by a deep understanding of raw chemical interactions, some of his colored creations vibrantly replicate heat maps and splattered zombie vomit. Instances where the unglazed portions of the vessel pop with electrifying color are created by wedging oxides into the raw clay body. Rogen’s particular methods have been vaguely shared with his audience while his pottery updates usually only accompany a brief caption of “only accompany a brief caption of ‘I made these.’” caption.

Aside from all the aforementioned dope shit this Canadian-American cannabis influencer has provided the weed community, Rogen wrote a book called Yearbook which is scheduled to be released in May. This novel is a series of true stories and humorous essays that I imagine will pair excellently with with “my blunt of Blue Dream.”

Drowning in Plastic

a guide to canna-recycling

Do you remember the saying, “one man’s trash is another man’s treasure”? Thrifters know this to be a time-honored truth, but it also works in reverse: something that starts as treasure can easily become trash, too easily these days as we find ourselves drowning in plastic and other waste amid a climate crisis. The cannabis industry is famous for innovation and resourcefulness, but anyone who’s ever stepped foot inside a dispensary knows that it relies heavily on plastic and disposable products. The collection of single-use joint tubes piling up in the corner of my bedroom accuses me every time I add another to the mountain. Here are a few user-friendly ways to make your consumption habits even more eco-friendly.

First and foremost, check recycling access near you

While we can’t toss our cannabis-plastics into SANIPAC or APEX bins quite yet, there are still options for recycling things like joint tubes or cartridges depending on your area. Here in Eugene and Springfield, there are plenty of dispensaries that will accept clean, label-free joint and flower tubes for recycling or refilling with your latest purchase. It’s always a good idea to

call first and ask prior to bringing in your bags of recyclables, just to make sure you’re heading to the right place with your haul. **Bonus Tip:** *The fastest way to remove labels from tubes is to soak them. Fill your sink with hot, soapy water and submerge your joint or flower tubes to soak for 10–15 minutes, or until labels are easily peeled off. If residue persists, use the rough side of a sponge to scrub it off.*

Keep exit bags in your car for easy access

I never remember to bring my reusable grocery bags into the store unless they’re right in front of me, so to fix that problem, I store them in the back seat so I have to see them before I go in. The same rule of thumb applies for the child-safe exit bags we get our cannabis goodies in, a mandatory part of the shopping process but a plastic-creator nevertheless. Keeping one large exit bag in your car (or buying a reusable cloth exit bag to make it personal and stylish) will help you remember to rely on that, and prevent another pile of plastic packaging from growing in your home.

ng ic

Seek out sustainable brands to put your money where your anxiety is

When it comes to issues like single-use cartridges or product packaging, there isn't a good way to sugarcoat things: it's wasteful, and we've got to work together on a solution to come up with something better than what we're currently working with. That could look like calling local representatives about cannabis laws, getting involved in the Oregon Cannabis Commission, or even just having meaningful conversations about how to address cannabis waste with your peers. In the meantime, you can also have a direct impact by favoring sustainable products and brands when you shop. Ask your budtender which products have the seal of eco-friendly approval, or do some background research before your next dispo trip to see which companies have made commitments to certain environmental goals or mission statements with a sustainable focus.

When all else fails, make some rose colored glasses

The easiest and sometimes most creative way to lower your plastic waste from your cannabis endeavours is to reuse all of it in a newer, better way rather than tossing it in the trash. Pop tops and joint tubes? Clean them out and repurpose into storage for office supplies, vitamins, snacks on the go, home-made joints or blunts, pens or pencils, the list goes on and on. Glass jars? Storage for future nugs, herbs, jewelry, loose change, heck, whatever you want to put in there. I recently saw a Pinterest board of all the different ways to use cannabis containers for all your plant and propagation needs, with jars as succulents pots and pop tops as seed starters. Grab bags could carry sandwiches to-go or turn into a DIY first aid kit to keep in the car. Gather your favorite art supplies, your best creativity-inducing strain and start repurposing to your heart's content. Saving the planet and boosting your serotonin, all in one project.



When I begin to feel the weight of stress on my bones, I always gravitate toward taking a long shower or bath. The mix of water and steam always helps me re-center and feel refreshed. When using medicated bath salts, soaks are even more relaxing. The medicated ingredients can help soothe muscles and nerves. Compared to normal bath salts, depending on the amount of activated ingredients used, one could experience a slight tingly sensation because of the skin's super absorbent nature. Which is why it is important, not just for the environment, but also for the sake of your own health that you pay attention to the ingredients in bath and beauty products. One thing that I have been doing for the past year is consciously buying products that are better for the environment. I found it very easy to switch to plastic free shampoo and conditioner, and have since started looking into how I can cut out other environmentally harmful products.

Bath and beauty products can contain microplastics that return to our water supply after you wash your face or body. Microplastics are not usually filtered out of water, since they are so small, but they can have a damaging effect on your health and our shared environment. The Australian Department of Water and the Environment states that microplastics that exist in the environment can negatively affect humans, animals, plant life, and the environment itself. After microplastics have been introduced to the marine environment, they can absorb more toxins and can become even more harmful by carrying those toxins up and down the food chain. Even though Congress passed the Microbead Free Water Act in 2015, the act only classifies microbeads as, "any solid plastic particle that is less than five millimeters in size and is intended to be used to exfoliate or cleanse the human body or any part thereof" even though microplastics can be found outside the over-the-counter bath and beauty aisle. The act seems to only target exfoliating microbeads, and doesn't offer a clear solution for filtering already existing microplastics out of the water supply.

Highly recommendations

In this recipe, baking soda is used as a cleanser, while Epsom salt works to help reduce soreness. When using this recipe, I like to use Diamond Crystal Kosher Salt, since its larger flakes work great for exfoliation. I tend to keep decarboxylated stems/shake on hand, but if you are unfamiliar with the process make sure that you heat up your active ingredients on a cookie sheet for 40 mins at 240F. This is also another great reason to save your shake and stems as they can be used instead of pricier premium flower. Of course the higher the THC and CBD in the flower used will affect the potency of the end product, so try and pay attention to those percentages when buying, especially if you are someone who is prone to paranoia.

Medicated Bath Salts

prep 5-10 mins
yield 1 cup



Tools

- 1 metal spoon
- 1 medium bowl
- measuring cup
- measuring spoons
- holding container

ex: Mason jar, old flower container, etc.

Ingredients

- 1/3 cup baking soda
- 1/3 cup salt
- 1/3 cup Epsom salt
- 1-4 Tbsp medicated coconut oil
- 4-5 drops of essential oil
- 2-4 tsp decarboxylated stems and shake



Directions

- 1 Measure out the baking soda, salt, and Epsom salt and mix them together in the bowl.
- 2 Warm up coconut oil in the microwave or on low on the stovetop.
- 3 Add the decarboxylated stems/shake and medicated coconut oil to the mixture.
- 4 Mix well, add essential oil (optional), and mix again.
- 5 With the spoon, place the medicated bath salt into your container of choice.
- 6 Add anywhere from 3-6 Tbsp to warm bath or 1-3 Tbsp for a small foot bath or body scrub.

Enjoy!



Strain of The Month: Granddaddy Purple

Granddaddy Purple is a #strainofthemoth designed to impress the senses, especially considering the fruity and sweet floral notes. From nearly a foot away, you can still smell this glimmering nug like a fragrant indica flower. Granddaddy Purple has surprisingly bright green, dense nugs, yet goes through the grinder smoothly, further releasing the distinctive and delightful aroma. The plethora of crystals sparkling in the light and the bunches of orange pistils make this strain an absolutely stunning sight to behold.

From local family farm Cannassentials, Granddaddy Purple is the outcome of Mendo Purps and a Skunk and Afghanistan crossover. The top terpenes of this indica strain are linalool and limonene. Also found in birch bark and lavender, linalool is known for creating a floral aroma and promoting a calming and soothing effect. Linalool may also help encourage decongestion, a perfect boost to the immune system when the pollen levels rise dramatically in spring. Interestingly enough, linalool is found in over 200 plants, and even those who do not use cannabis can consume over two grams a year.

Originating in the flower's resin glands, limonene creates the other half of this strain's particularly fruity and citrusy aroma. Limonene is also found in juniper, lemon rinds, and orange rinds and contains mood enhancing and anti-anxiety properties. Lab studies of high doses of limonene have also discovered many anti-cancer characteristics, causing tumor cell death in breast, lung and brain cancers. Along with antifungal and antibacterial properties, limonene can even help with gastric reflux and heartburn.

After a long day of running errands, scrambling to finish applications, and writing essays, Granddaddy Purple is the perfect way to unwind. This strain is delightfully delicious and smooth to smoke, whether using a piece or rolling a blunt with the roommates. At a THC level averaging around 22.95%, this is a hard-hitting strain for those who don't smoke often,

so please use your best judgment. However, this is not an anxiety inducer, as all your worries simply melt away. Perfect for enjoying some Cards Against Humanity with friends, this is a great strain to have on hand for any 4/20 celebration. Even smoking alone, Granddaddy Purple makes any comedic or creative activity much more engaging and enjoyable.

Granddaddy Purple is available from Cannabis LLC, located at 1936 Main St, Springfield, Oregon. Accessing the parking lot is a breeze while driving West on Main street, and inside the store is divided into two halves, so even in the era of COVID-19 customers can admire interesting glass pieces and other odds and ends while disinfecting and waiting their turn. The budtenders here have charming personalities and provide exceptional customer service. Whether you get the Granddaddy Purple or prefer a different strain for this spring, you will be in good hands at Cannabis LLC.

Do you have any flower favorites to recommend for *strain of the month*?

Tell us about it @greeneugenemag!



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